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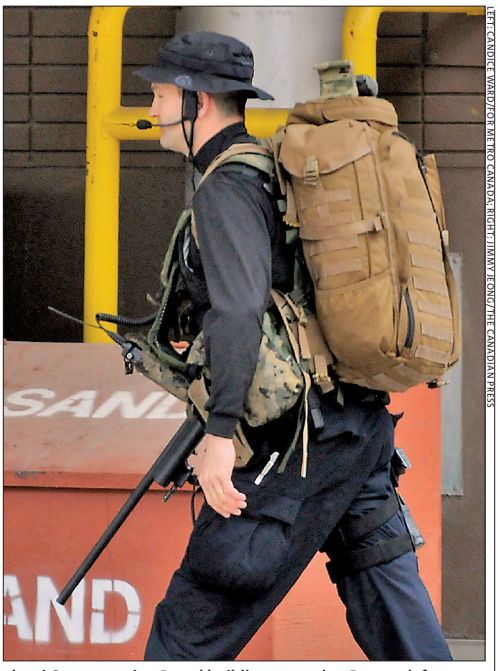
Competition lures pianists to Calgary

MUSIC A prize valued at $500,000 — including $100,000 in cash prizes — is up for grabs as 21 pianists from 12 countries converge on Calgary beginning today for the Honens International Piano Competition.

The competition, which runs until Nov. 6, is one of the world's most prestigious events. There will be over 50 concerts, including nine free community events.

"The Honens competition is one example of how Calgary is becoming known as a top destination for artists to build and develop their careers," said Terry Rock, president and CEO of Calgary Arts Development. "It's a reflection of the calibre of Calgary's arts and culture scene."

METRO CALGARY



LEFT: CANDICE WARD/FOR ME TO CANADA; RIGHT: JIMMY JEONG/THE CANADIAN PRESS

Top left, a police tactical squad officer prepares a robot near the Workers' Compensation Board building yesterday. Bottom left, people are evacuated from building. Right, a tactical squad officer patrols the area. Police were dealing yesterday with an armed man who was holding several hostages at the building near the Alberta legislature. The man surrendered peacefully to police after an all-day standoff. No one was hurt or killed.

Peaceful resolution

Man surrenders after taking hostages in Edmonton

ANDREAS MORSE
for Metro Canada

A day-long hostage-taking in Edmonton that started with hundreds of office workers fleeing a disgruntled gunman ended peacefully yesterday evening with no injuries.

About 10 hours after the drama at the Workers' Compensation Board building began, Edmonton police spokesman Dean Parthenis announced the armed man had surrendered without incident.

History

- Disgruntled employees have laid siege to the Workers' Compensation Board in Alberta before. In 1993, a gunman took three people hostage in Calgary's northside office to protest the way his claim had been handled. No one was injured.

Insp. Terry Rocchio said eight people in all had been held. He would not release the gunman's name, but described him as a disgruntled client who wanted a chance to tell his story.

The incident began when the man, armed with a rifle, charged into the WCB offices on the eighth floor about 8:45 a.m. yesterday.

One witness, a WCB employee who didn't want her name used, saw a Caucasian male with a suntan carrying a gun into the building at about 8:45 a.m.

"He motioned to all of us and said, 'All these girls over here now,'" she said. "We didn't, we just dropped down and crawled out to the back hallway, which was secure."

The witness said she heard a loud bang shortly after the gunman entered the building.

The hostage-taker lives in an assisted-living facility. Friend Don Bellerose said the man had sent a text message to one of the nurses at the facility saying he was going to settle a score with the WCB.

The gunman was working in the concrete industry when he was injured on the job, Bellerose said. He had been cut off benefits.

WITH FILES FROM THE CANADIAN PRESS

Province offering flu vaccine next week

H1N1 Anyone living in Alberta will be able to get the H1N1 shot for free starting Monday, after the federal government announced yesterday the swine-flu vaccine has been approved for use in Canada.

People who may be at a higher risk for flu complications are urged to get the immunization as soon as possible, but there will be no screening at clinics to make sure those people are vaccinated before healthy people, said health officials.

Health officials in Alberta said yesterday they're confident they will have enough doses of the vaccine to make it available to everyone at the same time.

"We expect the vaccine to arrive in shipments every few days over the next period of weeks, and given that there's only so much vaccine we can deliver in any given day, we think we'll have more than sufficient vaccine to keep the clinics going," said Dr. Gerry Predy, senior medical officer of health for Alberta Health Services.

Alberta is expecting to have 400,000 doses on hand by Monday.

People should call clinics to make sure they are offering the vaccine and be ready to wait in line, said Predy.

THE CANADIAN PRESS

News on the Move
What's this barcode for?
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SmallBusiness
Metro's series on Small Business Week will explore current issues affecting small businesses as well as profile successful small business owners. See page 12 for more.

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Local

Monster Mashup at #1 Legion

Do the "Monster Mashup" Friday, Oct. 30, at a Halloween fundraiser in support of the Veterans Food Bank. Live music and cool costumes are a recipe for a great time for a good cause. Tickets are $20 and available at Megatunes and at the #1 Legion. Non-perishable food items will be accepted at the door. METRO CALGARY

METRO INTERNATIONAL NEWSPAPER OF THE YEAR
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Calgary in brief

PURSON SNATCHING Police are looking for a woman who allegedly knocked down an elderly woman in a northeast mall parking lot and stole her purse Tuesday night. Police believe the woman escaped in a gold-coloured Jeep Cherokee driven by a man. The victim suffered a minor injury in the incident. METRO CALGARY

Calgary tweets

- @rgendron Guns n' Roses coming to Calgary! Sweet. With Twisted Sister and Iron Maiden, one my 3 fave bands in the 80s. Must go ... alone if I have to!
- @danielmenjivar Downtown Calgary is not too interesting, unfortunately. Too much construction everywhere. #yyc
- Follow Metro Calgary managing editor @Darren_Krause

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Go viral with anti-viral bump: Doc

Expert says forgo handshake for fist pound, help stop flu spread

KRISTA SYLVESTER
krista.sylvester@metronews.ca

A University of Calgary dean of medicine wants people to shake off an old tradition and "pound" in a new one.

Inspired by the now-famous fist pound of U.S. President Barack Obama and his wife, Michelle, Dr. Tom Feasby hopes to bring the hand gesture into the mainstream to help avoid the spread of the flu — especially with the threat of H1N1.

"I think one of the biggest germ spreading actions is shaking hands. I want to eliminate shaking hands and replace it with something cool, also known as the pound," Feasby said.

While Feasby acknowledges there may be some hesitance to the change, he has already seen the likes of Mayor Dave Bronconnier and Alberta Health Minister Ron Liepert use the gesture.

"It's a Canadian thing to do, shake hands, but sports teams and Olympic athletes are prepared to make the switch. I really hope the anti-viral action goes viral."

The fist bump or pound is safer, he explains, because only the backs of the hands touch, instead of the palm where germs are spread from hand-to-mouth.

"Switching to the pound will avoid contacting other people's palms and will increase awareness of hand hygiene. It's a win-win."

KRISTA SYLVESTER/METRO CALGARY

University of Calgary dean of medicine Dr. Tom Feasby wants the "anti-viral pound to go viral" in an effort to stop the spread of the flu. He demonstrates the fist pound with Jordanna Heller.

9 arrested in major drug-trafficking operation

CHARGES Nine people have been charged in a drug-trafficking operation involving $1.5 million in cocaine with ties to organized crime in the province, investigators say.

The arrests come after a year-long investigation by the Calgary Combined Forces Special Enforcement Unit (CFSEU) which resulted in nine arrests, including the suspected head of a major crime organization, as well as the seizure of 11 kilograms of cocaine.

CFSEU investigators executed three search warrants on residential properties in Calgary, Red Deer and Lethbridge over the past month resulting in the arrests and seizure.

"We believe that these arrests will hinder the criminal activities of the gangs who were once supplied by these individuals," Insp. Kevin Forsen said in a release. "This will ultimately help to reduce the level of violence on Calgary streets and throughout the province."

Solicitor General Fred Lindsay applauds the arrests.

"This event strikes a blow to organized crime in our province," Lindsay stated.

The bust is the third of its kind in the past two months, one being in Edmonton and the other in the Medicine Hat area.

KRISTA SYLVESTER/METRO CALGARY

City woman charged with 107 cases of fraud

COURT A Calgary woman has been charged with more than 100 fraud-related offences and police believe there are more victims who haven't come forward.

Police say a woman allegedly targeted retail stores pretending to be higher management and once she gained employees' trust, she would enter a fraudulent number into the credit card system and take between $500 and $1,200.

"This woman was very good at what she did … People have lost their jobs over this," Const. Brant Newell said, adding there are at least 25 separate cases since April 2008.

Police have charged Jane Elizabeth Moore with 107 fraud-related offences. She remains in police custody.

KRISTA SYLVESTER/METRO CALGARY

metronews.ca

What's online today.

Video Canada prepares massive immunization program to combat second wave of H1N1 at **metronews.ca/canada**

Video Preparations begin for the start of the Olympic torch relay in Greece at **metronews.ca/canada**

Lotteries

Lotto 6/49: 2, 11, 29, 32, 48 & 49. Bonus 34
These results are not official.

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Telemarketing scam suspect turns himself in

The last suspect in a cross-border telemarketing scam has turned himself into police, according to RCMP. Albert Valentine Onolunose, 29, was wanted along with eight other people in an alleged lottery scam. METRO CALGARY

Raising money to keep kids being kids

University of Calgary student sets goal of $2,500 to help Pakistani school

ALYSSA JULIE
for Metro Calgary

It's a place that brings children together — to laugh, learn and grow — and reminds these youngsters what it is to be a child.

Instead of working, over 25 Pakistani youth aged three to 13-years-old, are spending their youth alongside other children, learning English, math and Urdu in a small, one-room classroom.

Twenty-three-year-old University of Calgary international relations student, Sheraz Ali Khan, and 12 friends from the Pakistani Youth Organization started the initiative more than three years ago in their hometown of Karachi.

"It's a large city, but there are so many areas where youngsters are deprived of quality education," Khan explains. "…We went to the houses of every parent. It was one of the most difficult tasks, because each parent wanted their children to go and earn for them."

Named after an ambitious young friend who died in a motorcycle accident at only 23-years-old, The Tauseef Memorial School is run out of Khan's father's home in Pakistan. Someday, the group hopes to move the school into a separate building.

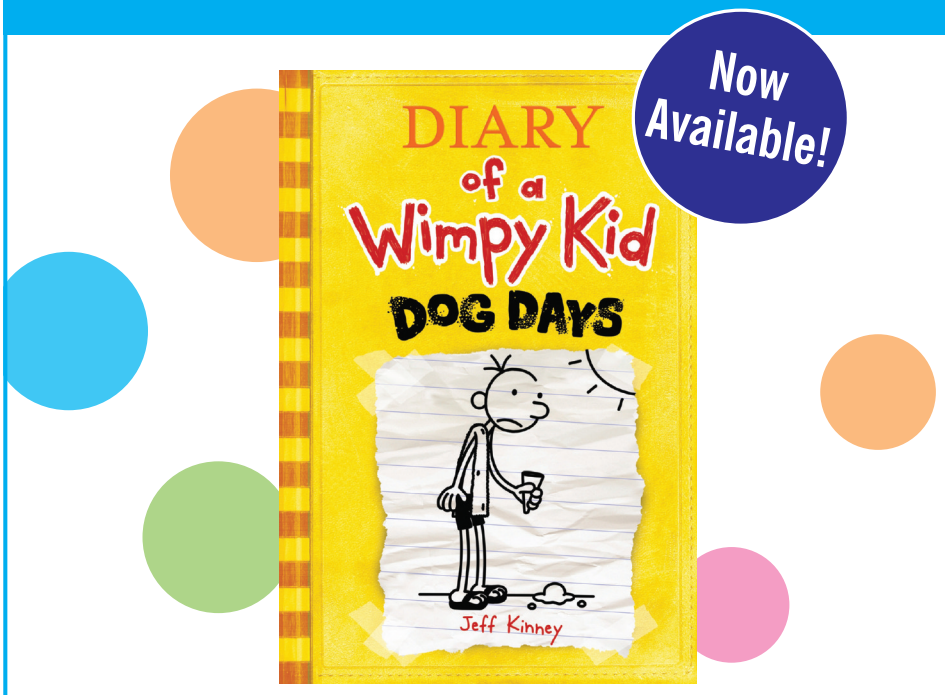
So far Khan, who moved to Canada from Pakistan in 2007, has raised about $500.

It's less than half the amount ($2,500) he needs to move the school into it's own building and register it with the government of Pakistan, yet he remains confident he'll be able to raise the needed amount within a year.

ALYSSA JULIE FOR METRO CALGARY

University of Calgary student Sheraz Ali Khan is raising money to help provide a separate building for a school in his home country of Pakistan.

Exclusive Event
Saturday, October 24th at 11am



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Voices of Bowness heard loud and clear

KRISTA SYLVESTER
krista.sylvester@metronews.ca

REPORT Sense of community. Check.

Pride in surroundings. Check.

Housing, safety and health. Needs work.

More than 500 Bowness respondents took part in "Voices of Bowness," the first community report of its kind in Canada, modeled after Calgary Vital Signs and the results show citizens are very attached to their community, according to the lead strategist of the report.

"We learned a lot of great things about Bowness and we also learned about the areas that need some work and improvements," United Way strategist Cesar Cala said.

"This study gave us a chance to look at the neighbourhood and see how we can make it better."

Despite all of the good news in the community, 24 per cent of respondents felt the arts, health and wellness, housing and safety areas of the neighbourhood could use improvement.

"Our next steps will be to work with the community and take action including increasing cultural opportunities, deal with graffiti and working to get drugs off the streets," Cala said.

Longtime Bowness resident and volunteer Andreas Brunthaler wanted to be a part of the study by going door-to-door asking residents what they thought about their community.

"People love Bowness. I love Bowness," Brunthaler said.

"To make our community better we needed to take a look at what we should be doing. Almost every bit of feedback was positive."

Doing well

- Areas where 65 per cent of respondents said Bowness community is outstanding or doing well:
  - Sense of community
  - Transportation
  - Natural environment

News in brief

THEFT Strathmore RCMP are investigating two break and enters into churches in the Town of Strathmore. A substantial amount of money from the safe at the Alliance Church was allegedly taken, according to police. During the same time period, the Sacred Heart Catholic Church in Strathmore was broken into using similar methods, police said.

FUNDRAISER The final tally for the Karate at SAIT Club's 2nd annual Break the Cycle fundraiser for the Calgary Counselling Centre comes in at a huge $14,519.28. With 16 students and instructors ranging in age from 14 to 50 years old, 100 boards and 30 bricks were broken for a good cause at the August 29 event.

STUDY The University of Calgary released results yesterday for a study on the needs of the lesbian, gay, bisexual and trans-gendered (LGBT) community in Calgary and found the LGBT community feels it's important to have a sense of belonging in their city. "In a city the size of Calgary, it is absolutely critical that the needs of every community are recognized and addressed," says researcher Jessica Ayala.

PRISON The Drumheller Institution is under lockdown after an inmate was assaulted Tuesday evening, according to a release from Correctional Services Canada. The inmate was taken to a local hospital and then transported by ambulance to a hospital in Calgary in serious condition.

METRO CALGARY

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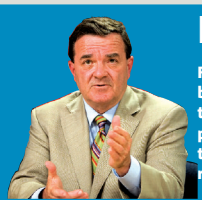
U.S. eyes Canadian vaccine surplus jealously

The relative abundance of H1N1 vaccine in Canada is attracting jealous looks from south of the border, where health officials face a shortage of shots. United States Sen. Joe Lieberman (D-Conn.) says the shortage is a result, in part, of countries such as Canada choosing to make their own populations a priority. THE CANADIAN PRESS

Canada



Loonie volatility worrisome: Flaherty

Finance Minister Jim Flaherty says he's worried about the volatility of the Canadian dollar but does not see it as a sufficient threat to his policy of not raising taxes. The finance minister said Wednesday he agreed with Bank of Canada governor Mark Carney's views and approach in dealing with the surging loonie. On Tuesday, Carney said the dollar was harming the economy and hinted strongly that he was prepared to keep the bank's policy interest rate at the historic low of 0.25 per cent until at least next summer. THE CANADIAN PRESS

Disputes rage over torture of Canadians

Government hedges at making portions of report public

A dispute rages over secret portions of an inquiry report on the overseas torture of three Canadians one year after release of the document, which criticizes the actions of security agencies.

Federal and commission lawyers are still squabbling about portions of the 544-page report the government balked at making public, citing national security concerns.

In his report released one year ago yesterday, former Supreme Court justice Frank Iacobucci found Canadian officials contributed to the torture of Abdullah Almalki, Ahmad El Maati and Muayyed Nureddin by sharing information — including unfounded accounts — with foreign agencies.

The three men, all of whom deny involvement in terrorism, were abused in grave-like Syrian prison cells. El Maati was tortured by Egyptian captors as well.

Iacobucci produced two editions of his report: one confidential version for government eyes only, and a second that was released publicly.

But a small portion of the public report — Iacobucci says it amounts to a page or two — was held back because the government argued it could compromise security.

The public version makes it clear the material under wraps would shed new light on actions by Canadian officials that likely contributed to the torture of El Maati in Egypt. THE CANADIAN PRESS

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Ottawa **Pensioners rally**

SEAN KILPATRICK/THE CANADIAN PRESS

Nortel pensioners take part in a Nortel pensioners rally as they are joined by about 4,000 supporters on Parliament Hill in Ottawa, yesterday. The rally was to highlight the impact of the once-technology giant's bankruptcy and selloff on the company's pensioners, terminated and disabled workers.

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U.S. eyes NAFTA side deals

TRADE The United States has no immediate plans to reopen NAFTA but may look at side deals related to labour and the environment, America's new ambassador to Canada affirmed yesterday.

David Jacobson told a business audience that U.S. President Barack Obama was a "strong believer" in free trade.

He added, however, that his country may look at "side letters" related to labour, and that he expects such agreements would benefit all three countries.

"Fundamentally our view of NAFTA is that it is working very well." he said.

"I don't believe there is any interest at this point time in renegotiating the NAFTA treaty."

Those words could reassure a business community unnerved by remarks about NAFTA by Barack Obama during last year's presidential campaign.

Jacobson also addressed the thorny issue of his country's Buy American provisions, which restrict Canadian companies' access to state and municipal public-works contracts.

He said he's well aware of Canada's concerns and that "constructive" talks are ongoing between the two countries to resolve the issue.

"I understand the concerns in this country about the Buy American provisions," he said.

"There have been a number of discussions as recently as Monday at very high levels between our government and your government in an effort to resolve these issues."

Although he admits there have been "dust-ups," the new ambassador said Canada and the U.S. have shared values and are interdependent on everything from trade to energy to national security. THE CANADIAN PRESS

Rethinking deal

- Obama talked about reopening the trade deal while campaigning during the Democratic primaries.

Afghan official blasts media's 'pessimism'

DIPLOMACY Afghanistan's ambassador to Canada is accusing the media of "unwarranted pessimism" about his country's planned run-off election and he's chastising the diplomatic community in Kabul for a "condescending attitude" toward the fledgling democracy.

Jawed Ludin, who once served as President Hamid Karzai's chief of staff, is appealing to Canadians to cut Afghanistan some slack — no country, he says, runs fault-free elections.

He concedes there was fraud in the Aug. 20 presidential election, but claims the extent was exaggerated by the media.

Ludin says there are legitimate questions about the methods used by the UN-backed election commission in its investigation.

The ambassador warns Afghanistan is in delicate shape and needs countries like Canada to rally around it. The U.S. is apparently leaning toward recommending that Afghanistan adopt a coalition government. THE CANADIAN PRESS

Woman charged with killing children attempts suicide
A Quebec woman charged with killing her three children tried to commit suicide earlier this year while awaiting her trial. Superior Court Justice Jean-Claude Beaulieu lifted a publication ban yesterday on news of Cathie Gauthier's suicide bid last May. THE CANADIAN PRESS

'Probe mob' furor rises in Quebec

Pressure is mounting on the Quebec government to call a public inquiry into ties between politicians, construction companies and organized crime.

Opposition parties tabled a motion in the provincial legislature yesterday demanding a probe.

The furor follows incendiary reports of the Italian Mafia and construction companies colluding to drive up the price tag on public-works projects.

Premier Jean Charest fended off accusations from his opponents who demanded to know why he'd resist such a demand.

"Why are you in politics?" opposition leader Pauline Marois asked him.

"Why are you in politics?"
Pauline Marois asks Jean Charest

"Why is the premier in politics? To serve his own interests or to serve the people of Quebec?"

Charest shot back that Marois was lowering the level of debate. He said he'd let the police investigate before making any decisions about a probe.

"There are investigations — and I'm using the plural here — that have been going on for quite some time," Charest replied. "We need to give police the chance to do their job."

John Gomery — who led the historic inquiry into the federal sponsorship scandal — was front and centre on Quebec's television news networks also demanding a probe.

He dismissed Charest's statements as the classic politician's response to a corruption scandal.

THE CANADIAN PRESS

News in brief

ETHICS Tory Senator Leo Housakos, embroiled in an ethics controversy over a stimulus contract, is accusing one of his own caucus members of trying to trip him up. Housakos blamed his troubles on "somebody in my own caucus," and said, "I'm going to take care of him soon," a newspaper reports. The accusation was greeted with amusement by other members. THE CANADIAN PRESS

Stand by, folks, for a fragile recovery, says upbeat Harper

ECONOMY Prime Minister Stephen Harper trumpeted his economic strategy during an address to the Canadian Chamber of Commerce, saying the country is headed for a fragile recovery.

Harper says he's optimistic but not overconfident about the recovery, since Canada's situation is in part dependent on the United States.

For the immediate future, Harper says, the focus has to continue to be about stimulating the economy.

The prime minister also says he has no regrets about posting deficits, arguing it was the best move under the circumstances.

Some of the measures that led to the deficit, he says, have allowed the government to lay the groundwork for future growth.

Harper was taking part in a question-and-answer session at an economic conference in Toronto put on by the Canadian Chamber of Commerce.

THE CANADIAN PRESS

Woman known as oldest person in country dies at 113

CENTENARIAN Margaret Fitzgerald, a New Brunswick woman described by her family as the oldest known person in Canada, has died at the age of 113.

Fitzgerald, who had celebrated her birthday last month, died of natural causes at the Villa du Repos nursing home in Moncton.

According to Guinness World Records, she was believed to be among the 15 oldest people on Earth.

Her nephew, Reg King, said he remembers her as a hard worker who often thought about her days on a farm in Tankville, north of Moncton.

THE CANADIAN PRESS

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PEOPLE POWERED

U.S. to force executive pay cuts for bailout companies: Source
The Obama administration plans to order companies that received huge U.S. government bailouts last year to sharply cut the compensation of their highest paid executives, according to a person familiar with the decision. THE ASSOCIATED PRESS

World

White wine worse for teeth than red: Study

White wine can eat into your tooth enamel worse than red, a new German study finds. And that damage can go on to increase the stains left by coffee, tea and red wine, according to researchers writing in Nutrition Research. Dentists have long warned of the corrosive effects of high-acid foods such as citrus fruits and white wine. Luckily, the fix is easy: a piece of cheese with the wine counters the acid effect with its calcium, the research said. In fact, eating while drinking white wine helps in general. THE ASSOCIATED PRESS

Arm-twisting for Karzai

ELECTION Afghan President Hamid Karzai needed high-level American arm-twisting over several tense days — and meals that included "gallons of tea" and endless platters of lamb — before he finally agreed to a run-off vote in the country's fraud-plagued presidential election. A senior U.S. official briefed on the meetings by Sen. John Kerry gave The Associated Press details of the negotiations with Karzai.

The talks lasted late into several nights, continued through endless meals and went on for hours each day.

During an extended stroll, the official said, Kerry opened up to Karzai, telling him about his own difficult decision not to challenge the vote count in Ohio on election night in 2004, when there were allegations of voting irregularities in favour of George W. Bush. THE ASSOCIATED PRESS

Share power?

- The U.S. would be receptive to a power-sharing arrangement between Afghan President Hamid Karzai and his election challenger if they agreed to it, Obama administration officials said yesterday. Karzai and former foreign minister Abdullah Abdullah have settled on a Nov. 7 runoff.

m.metronews.ca

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India **Ladies only**

SUCHETA DAS/THE ASSOCIATED PRESS

Indian women travel in a Ladies Special train near Calcutta yesterday. Eight women-only trains were introduced in four cities recently aiming at providing safety to working women in a country where violence against women has been on the rise.

News in brief

INDIA A passenger train crashed into another train's rear carriage reserved for women and disabled passengers, killing 22 people and injuring 16 who remained trapped for hours yesterday near the Taj Mahal in India, police said. Rescuers recovered 19 bodies during a rescue operation that lasted nearly seven hours, said Rajesh Dikshit, a police spokesman. THE ASSOCIATED PRESS

Hoax shows pitfalls of instant news

You attend a press conference. The newsmaker speaks. You run a DNA test to confirm they are who they claim to be. Then you publish.

An absurd notion, but only marginally more absurd than the high comedy that played out at Washington's National Press Club Monday, when the U.S. Chamber of Commerce made big news that wasn't.

Already in the news for its hard-lobbying opposition to U.S. climate-change legislation, the pro-business Chamber dropped reporters' jaws with what appeared to be a turning-point announcement — the organization now accepts that "without a stable climate, there will be no business."

The dramatic reversal was conveyed instantly, led by Reuters. Minutes later it was picked up by the New York Times and Washington Post websites.

But by the time Fox jumped in, the real U.S. Chamber of Commerce burst into the news conference, together with red-faced representatives of the National Press Club, to debunk the proceedings as a hoax. Reporters' heads swung from the possible interlopers at the podium to the possible interlopers who were calling them out — who was legitimate?

The ruse was revealed when the man purportedly speaking on behalf of the business lobby was in fact Andy Bichlbaum of the anti-corporate pranksters known as the Yes Men. The real Chamber is angry and the Press Club is embarrassed.

The media got a cardinal lesson in the dangers of the tweet-first-ask-questions-later pace of modern news.

Coming less than a week after the Balloon Boy saga, observers say the Press Club saga has played out differently.

Unlike the Colorado family that now is hiding from reporters, the Yes Men are revelling in the aftermath. TORSTAR NEWS SERVICE

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Global pirate attacks surge
Pirate attacks worldwide in the first nine months of 2009 exceeded all of last year's total, an international maritime watchdog said yesterday. THE ASSOCIATED PRESS

Fossil Ida not even a monkey's uncle

EVOLUTION Remember Ida, the fossil discovery announced last May with its own book and TV documentary? A publicity blitz called it "the link" that would reveal the earliest evolutionary roots of monkeys and humans. Experts protested that Ida wasn't even a close relative.

And now a new analysis supports their reaction. Scientists compared 360 specific anatomical features of 117 living and extinct primate species to draw up a family tree. They report the results in today's issue of the journal Nature. Ida is a skeleton of a 47 million-year-old cat-sized creature found in Germany. It confirms what most scientists think, said David Begun, a paleoanthropologist at the University of Toronto. THE ASSOCIATED PRESS

Hostages in store siege released

FRANCE Armed assailants stormed a supermarket outside Paris before it opened yesterday and held six hostages for several hours before the standoff was resolved peacefully. All six were later released unharmed, apparently after successful police negotiations, he said. A police official said that suspects demanded money from the store's safe and cash registers and also threatened the hostages. Two suspects turned themselves in and were taken into custody.
THE ASSOCIATED PRESS

Woman recants torture story

U.S. Megan Williams' accusations initially strained the imagination: Seven white people beat her with sticks, forced her to eat feces, raped her and taunted her with racial slurs over several days in a trailer in West Virginia. Now Williams, who is black, is taking it all back. Williams lied in 2007 because she wanted to get back at a boyfriend who had beaten her, her attorney, Byron L. Potts, said yesterday. Seven white men and women were convicted in the case.
THE ASSOCIATED PRESS

On the web
- Alan Sailer is a double shooter: Blasting objects with a gun while photographing the moment. Interview and photos at **metronews.ca/world**

All a-Twitter about the Berlin wall

The Berlin Wall is gone, but people can still tag their memories on it online.

The Berlin Twitter Wall, which went online Tuesday, encourages people to share their memories of the wall's collapse and hopes for the future on a scrolling wall using Twitter, the social networking site.

By yesterday, there were more than 100 comments in Spanish, English, German and French. Some said they were too young to remember the fall of the Berlin Wall on Nov. 9, 1989.

East Germany began construction of the barrier Aug. 13, 1961, in an attempt to stop the dramatic flight of people to the West.

The website berlintwitterwall.com scrolls messages along a backdrop of the East Side Gallery, a famous stretch of the wall still standing and painted with murals. Visitors can also see pictures of the Domino Wall, about 1,000 pieces of 2.5-metre-tall styrofoam painted with messages of peace by students, celebrities and politicians. The Domino Wall will snake nearly two kilometres along the old wall line and be toppled at celebrations Nov. 9.

The online wall is part of events organized by Berlin to help mark the anniversary of the event that paved the way for a reunited Germany and Europe, and an end to the Cold War.
THE ASSOCIATED PRESS

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Comment

Halloween time to check inhibitions

In the movie Mean Girls, Lindsay Lohan's character Cady sagely observes, "Halloween is the one night a year when girls can dress like a total slut and no other girls can say anything about it."

Dressing provocatively on Halloween without fear of judgment is part of the beauty of the holiday. Temporarily transforming into someone else makes it easy for us to check our inhibitions at the door; something we do too infrequently on the other 364 days of the year. With its magical combination of alcohol, bare flesh and a boisterous sense of camaraderie, Halloween is basically Sex Christmas.

"Everyone wants to be sexy," says Yoann Hurlault, who works at Seduction Love Boutique in Toronto. "You don't have to be ugly for Halloween, right?"

Boosting their usual inventory of boas, hosiery, fetish gear and sex toys is a full wall of Halloween costumes. Hurlault shows off a few of his favourites, including the classic sexy nurse, a frilly French Maid and a female Indiana Jones onesie with the approximate dimensions of a Hooters Girl uniform.

"Many of our costumes are inspired by successful movies, like Harry Potter or Pirates of the Caribbean," Hurlault says. "It allows people to become those heroes for a night."

On the web

- For more views on relating, go to Love Bytes at metronews.ca/blogs

No wonder Halloween parties are hook-up central. There's something oddly freeing about dressing up as someone else for one night — especially if it's a character whose personality traits one can appropriate. This allows people to act more boldly than they normally would. If you're chatting up a hot German beer wench at a Halloween party and she walks away, no biggie. Fräulein didn't reject you. She rejected Superman!

If you're a wallflower who normally tucks themselves into a comfortable sphere of familiarity at social gatherings, Halloween is an exception. Costumes are instant conversation starters and strangers are much more likely to interact at bars, parties and even on the street when they have a visual common bond ("Hey, you like Twilight? I like Twilight! Let's make out!").

If you want to look seductive but are worried that you'll be one of a dozen black cats on the prowl at the party you're attending, you can always put your own spin on sexy. My friend Joan once dressed up as Sexy Kim Jong Il. Jezebel.com also has some recommendations, including Sexy Antarctica, Sexy Bottom of Purse Lifesaver and Sexy Bag of Burnt Microwave Popcorn.

Hotness.

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.

Views

Building more opportunities for boys

Many of us have spent decades trying to address the barriers to women in education and in business. And in spite of the progress, there is more to be done.

At the same time, the gender gap cuts both ways. Boys are less likely than girls to meet provincial standards in reading. Boys are more likely than girls to drop out of high school in Canada (12.2 per cent versus 7.2 per cent in 2004-05).

On a national level, the social economic status of a school is the strongest predictor of reading performance, followed by the social economic status of the student followed by gender, according to a 2000 OECD study. This suggests that boys, regardless of their background, do better in well-resourced schools, reinforcing the importance of investment in education.

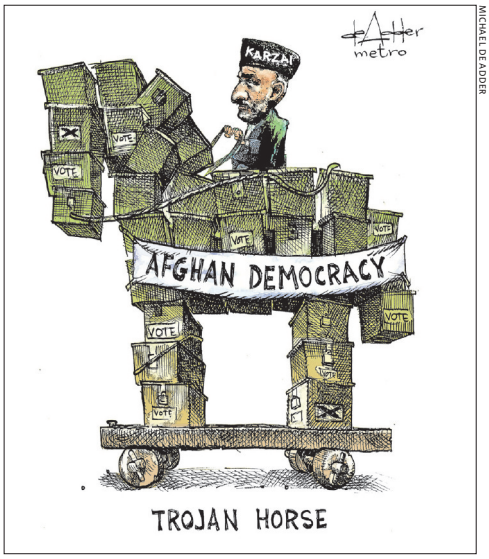
The costs to all Canadians of educational underperformance are immense. In 2004, the unemployment rate among people aged 25 to 44 who did not have a high school diploma was 12.2 per cent, almost twice the rate of high school graduates.

In a bold move announced this week, the Toronto District School Board's new director Chris Spence announced a strategy that includes a "Male Leadership Academy" for boys as well as male-friendly demonstration classrooms aimed at boosting boys' school performance.

An excellent teacher can inspire any kid to love Shakespeare, but boys and girls do have different preferences. Same-sex classes in particular subjects allow gender specific content and teaching methods.

While we should heed cautions against segregating and fragmenting our schools, and we need rigorous evaluation and accountability, we do need to try new approaches to adapt the curriculum, teaching methods and learning environment to the particular needs of boys and girls.

Wendy Cukier is the associate dean of the Ted Rogers School of Management at Ryerson University, and the founder of Ryerson's Diversity Institute.



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BlackBerry Bold ditches trackball for touchpad
Looking for an edge in its battle with the iPhone, Research In Motion has updated the high-end BlackBerry Bold, replacing the trackball with a touchpad. THE CANADIAN PRESS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

MICROSOFT CANADA CO.

Steve Ballmer, CEO of Microsoft Corp., talks to Canadian business leaders at an event in Toronto yesterday.

Invest in tech: CEO

Microsoft head addresses government, businesses

Microsoft Corp. chief executive Steve Ballmer has advice for Canada's businesses: be careful not to let a battered economy frightened you away from vigorously investing in tech sector innovation.

Ballmer told business leaders in a speech in Toronto yesterday that the technology industry must be focused on driving growth — and not just cutting costs — even as it deals with revenue declines.

"You cut costs because you have to and the money you have left you invest smartly for growth," the 53-year-old CEO of the software superpower told business executives at the Metro Toronto Convention Centre.

"Now is not a time to be conservative, in my opinion, about those topics. Now is the time to make those bets that will drive innovation, that will drive your growth and growth in the economy."

Ballmer drew parallels between the Great Depression and the current crisis, saying that many successful innovations can be born in economic turmoil.

Since the dot-com bubble burst early in the decade, telecom, software, hardware and other technology companies have cut jobs, streamlined operations or consolidated. Many went out of business as revenues dried up and financing became harder to get. THE CANADIAN PRESS

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CRTC allows web traffic throttling under new rules

WEB Canada's big telecommunications firms can continue to throttle certain traffic on their Internet networks but will have to follow new and possibly strict rules, the Canadian Radio-television and Telecommunications Commission said yesterday.

In a much-awaited decision, the federal regulator established new conditions for how Internet service providers can manage traffic on their networks, but did not disallow the practice as some had demanded.

"Canada is the first country to develop and implement a comprehensive approach to Internet traffic management practices," commission chairman Konrad von Finckenstein said in a release.

The decision impacts all Internet providers, including Bell Canada Rogers and Telus Corp., even though not all have placed limits on traffic.

Telus spokesman Michael Hennessy, whose company has not resorted to throttling, said the CRTC did a good job in walking the line between those who want a completely unregulated Web environment and the possible need to manage traffic. THE CANADIAN PRESS

Business in brief

CREDIT An Ipsos Reid survey suggests Canadians are less likely to use credit cards to pay for home renovations this year than they were in 2008, choosing to pay cash rather than increase their debt. The survey finds 76 per cent plan to pay for improvements with cash or savings, up from just 70 per cent last year.

PENSION Canadian pensions continued to see growth from their investment holdings in the third quarter, although the improvement was more subdued than in the April-June period, according to RBC Dexia Investor Services. At Sept. 30, pensions tracked had earned 7.2 per cent for the third quarter and 14.3 per cent for the nine months beginning Jan. 1, RBC Dexia said yesterday. THE CANADIAN PRESS

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Did you know?
In 1979, the branches of the Business Development Bank of Canada in British Columbia's Lower Fraser Valley pooled their resources to organize business management training sessions over a week called Small Business Week. BDC.CA

Small Business

Youth competition

The Business Development Bank of Canada is sponsoring an Internet-based national Aboriginal Youth Business Plan Competition for aboriginal youth in grades 10 to 12. For more, go to bdc.ca/espirit/en/default.htm.
METRO NEWS SERVICES

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

A passion for healing

JON TATTRIE
for Metro Canada

Selling relaxation can be a stressful business, says Nova Scotian entrepreneur Catherine Whittaker.

The reiki master and reflexologist started Summerhurt Healing Retreat four years ago as part of a move from working for a medical manufacturer toward offering holistic healing herself.

"I was really up for the challenge. I was just so passionate about what I did; the passion is what pushed me through. Had the logic kicked in, I don't know if I would have gone as far as I did," she says.

Summerhurst (summerhursthealing.com) offers full- and half-day "healing packages" at its tranquil rural setting 75 kilometres north of Halifax. Whittaker got it running with the help of a critical start-up financing loan from the Canadian Small Business Financing Program. It started life as Cozy Corner Sauna in Dartmouth, but after two years, Whittaker decided to go in a different direction. She consulted with her clients and created her healing getaway.

"I've had months that are like, 'Wow,' and months that are like, 'Oh my heavens, what am I doing?'" she says. "Most business owners will tell you — although they don't want you to print it — that they're doing it because they love it, not because of the money."

> **"Market research only goes so far: You've got to have a vision and go for it."**
> Catherine Whittaker

Self-employment has big benefits, too.

"You can think outside the box and not be shut down. The market can shut you down, but at least you can go ahead and try it," she laughs. "Market research only goes so far: You've got to have a vision and go for it."

Asked what advice she would have given herself four years ago, Whittaker thinks for a moment before deciding she wouldn't offer a word of warning.

Nova Scotia entrepreneur Catherine Whittaker.

"I learned so much about business and myself," she says. "Yeah, you do take a few extra turns along the road and it takes you much longer to get from point A to point B, but you have so much return when you get there.

"Had things worked out exactly as I was hoping in my business plan from day one, my business would be completely different and I think I would be bored to tears," Whittaker says.

"You have to keep moving and changing in order to grow."

Summerhurst Healing Retreat, which offers healing packages 75 kilometres north of Halifax, was started four years ago.

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Women's 200-metre butterfly mark falls

Olympic champion Liu Zige wiped a stunning 1.6 seconds off the world record in the women's 200-metre butterfly at China's National Games yesterday. Liu was timed in two minutes 1.81 seconds, domestic news agency Xinhua reported, eclipsing the previous world mark of 2:03.41 set by Australian Jessicah Schipper. THE ASSOCIATED PRESS

Sports

Browns bitten by flu bug

Just when it couldn't get any worse for the woeful Cleveland Browns, it got worse. The team has been sacked by the flu. Yesterday, 12 players missed practice with flu-like symptoms as the team began installing the game plan for Sunday's matchup against the Green Bay Packers. Coach Eric Mangini scaled back the workout in hopes of keeping his healthy players from getting sick. THE ASSOCIATED PRESS

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Martin cruises to first-round victory at curling World Cup

Canadian champion Kevin Martin of Edmonton opened the World Cup of Curling with a bang yesterday, trouncing Niklas Edin of Sweden 9-1.

Martin, lead Ben Hebert, second Marc Kennedy and third John Morris had little trouble with Edin's Karlstad-based rink, scoring twice with the hammer in the first and stealing six more points over the next two ends.

The first steal came on a failed Edin draw, resulting in three points for Martin.

"We got a good deuce in the first end," said Martin, the 2008 world champion. "But then (Edin) missed that draw to the four-foot in the second. And you can't miss those shots."

The teams exchanged single points in the fifth and sixth ends before Edin opted to shake hands.

Edin, playing in his first Grand Slam of Curling event, struggled to adapt to the world-class ice conditions.

"You have to adjust because it's different here," added Martin. "You have to come to a few Slams before you get used to it. The ice is unique. It's the best ice in the world. It's like super, super fast golf greens. There's so much curl, that until you get used to it, it's difficult."

Glenn Howard of Coldwater, Ont., also opened strong, beating Germany's Andy Kapp 9-5. Howard seized control of his match with Kapp in the sixth end, playing a tap back to score five points and take a 9-3 lead.

"He kind of left me a bit of opening on my last shot in the sixth" said Howard. "I made a nice little (shot) and tapped it back, got five and that was pretty much the game."

THE CANADIAN PRESS

Other results

• In other opening-draw matches, American John Shuster edged Brad Gushue of St. John's, N.L., 4-3, Randy Ferbey of Edmonton doubled Fengchun Wang of China 4-2 and Edmonton's Kevin Koe beat Thomas Dufour of France 7-4.

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Sports in brief

RACING Five-time rally world champion Sebastien Loeb won't compete in the last Formula One race of the season after motor racing's governing body refused to grant him the proper licence. Loeb had signed a deal with the Toro Rosso team to drive at Abu Dhabi on Nov. 1.

RUGBY The Canadian men's rugby team will play twice in Japan this fall and host Russia in Vancouver Nov. 28. The fall international schedule includes a pair of games Nov. 15 and 21 against Japan, ranked 14th in the world. Then the No. 13 Canadians welcome No. 16 Russia to UBC's Thunderbird Stadium the next week. The Canadians have not played since beating the U.S. in July to qualify for the World Cup. METRO NEWS SERVICES

MLB playoffs Phillies win NL pennant

JEFF ZELEVANSKY/GETTY IMAGES

Philadelphia's Jayson Werth rounds the bases after a seventh inning home run last night against the Los Angeles Dodgers. The Phillies went on to win 10-4 and earned their second straight trip to the World Series. For a complete game recap, visit metronews.ca/sports

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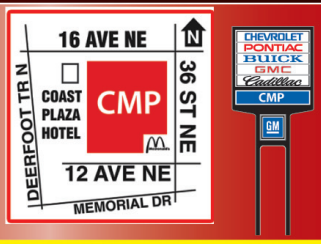

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5-year fixed mortgage rates
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Metro Homes

Before you paint

Home Hardware Stores Limited is calling all virtual decorators to visit the redesigned and interactive Beauti-Tone website, where they can visualize what different paint colours might look like in their homes. Check out Home Designer on beauti-tone.ca.

METRO NEWS SERVICES

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

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BMO	CIBC	HSBC	ICICI	ING	RBC	Scotia	TD	Broker
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Festive with a dash of **freaky**

EMMA YARDLEY
for Metro Canada

Ghost, goblins and ghoul decorations can turn your place from blah to boo, but keeping your Halloween decor simple can be just as effective.

"You can decorate in two ways," says Ann Marie Favot, design editor for Style at Home. "The scary Halloween way, with goblins and ghosts, or decorate just with a black and orange theme, nothing creepy."

If you're feeling crafty and you'd like to try the colour theme route, Favot suggests painting jack-o-lantern faces onto pumpkins with watered-down white glue and then sprinkling on black glitter.

"It's a little bit different. Last year, I got little pumpkins and blackened them with acrylic paint. Crafts have come to a whole different level. They're no longer only for people who are crafty but for people who want to do something fun."

By mixing in your own crafty creations with classic fall-themed decor you can stay away from cheesy while still creating that festive feeling.

1. Let these curious dark metallic crow tea light holders create a mysterious mood. Tag/Candym Enterprises, $14, 1-800-263-3551.
2. Adopt your own pet pumpkin cat by popping one of your orange orbs onto this whimsical metal frame. Pier 1 Imports, $18, pier1.com.
3. Staub's La Cocotte pumpkin pot is perfect for preparing a seasonal stew while doubling as a stovetop decoration. Gourmet kitchen retailers across Canada, $310.
4. Pretty as a pumpkin. That's how the saying goes, right? Pumpkin candles: Cinderella, $42; small, $35; six votives for $9. Pottery Barn, potterybarn.ca.
5. A twig wreath hanging on a front door is a classic autumn addition to your home's exterior. Canadian Tire, $19.99, 20 inches, canadiantire.ca.
6. Add a little light to this moody haunted birdhouse lantern. Tag/Candym Enterprises, $58, 1-800-263-3551.

Homes in **Style**

DIY renos need ample time

HomeScape

A good friend of mine is doing a kitchen renovation in stages to save money, and she's pulling out her hair over it.

She wants it done, but is doing it in bits and pieces, as her cash flow allows. This way, she won't be paying to borrow money from the bank to finance her renovation. She's a sucker for doing things as cheaply as possible, and so is her husband. He would do the work, since he is a very handy fellow, and there's no need to spend money on a contractor, or get a renovation bank loan. Sounds good, right?

Wrong. Life can get in the way, as it often does. Either you pay the bucks to get the whole job done in a reasonable timeframe, or you save money, wait and live inside a renovation for an extended time. And that applies whether you do it yourself, or whether you hire someone to renovate in stages, according to your cash flow.

You have to ask yourself whether saving money is worth the frustration of living through an extended stage-by-stage renovation. Some say yes, and some say no, and some say yes until they actually live through a long period of disorder and inconvenience, at which time they decide they're in the "no" camp.

If you decide that a stage-by-stage renovation is for you after all, here's one major pitfall you must avoid. You definitely do not want to undertake expensive and frustrating rework. Rework means you'll be paying your contractor to tear down work that has already been finished, to order to remedy a problem that you did not foresee.

Think carefully and plan out in detail what you want to do in totality before you embark on any bits and pieces of renovation work. Only after you think about the whole project should you decide on stages and timing of renovation work.

Ask yourself: Is saving money worth the frustration?

And when it comes to figuring out costs, be brutally honest with yourself. Avoid tacking on "extras" at the end of a project, because you will pay extra dollars for it.

Last but not least, especially if you do the work yourself, be honest about your time, the likelihood of finishing the work in an acceptable timeframe, as well as whether patience is abundant in your household. It will be needed if you decide to renovate in stages.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

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Fashion cut backs

Andy The-Anh chose to scale back his Toronto LG Fashion Week presentation by opting to showcase his creations in the showroom rather than on the main runway. The decision was driven by dollars. THE CANADIAN PRESS

Style

Twitter accessories

Twitter fanatics can now wear their Hashtag (or TwitterName) proudly with custom-designed accessories. Online shop Survival of the Hippest (survivalofthehippest.com) offers handcrafted sterling silver and gold necklaces, bracelets, anklets, keychains, and brooches that feature your personal Twitter IDs. Prices range from $49.95 US to $139.95 US. METRO NEWS SERVICE

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Hip to be square

Buffalo checks, plaid, tartan: Embrace your inner lumberjack

JANINE FALCON
for Metro Canada

The first rule of this seasons "plaid" trend is to keep in mind not all squares are the same.

"Checks are patterns of squares and plaid is a pattern of striped bands, mostly at right angles," explains fashion stylist Peter Papapetrou, who has worked with Hilary Duff, Dragonette, Jully Black and Javier Bardem. And when it comes to the difference between plaid and tartan, there really isn't one, at least not in North America — plaid is our preferred term. In Scotland, however, tartan denotes the pattern and plaid means a tartan blanket or over-the-shoulder cloth.

We're used to seeing plaid and buffalo checks in casual wear, maybe because of its strong association with folkloric lumberjack giant Paul Bunyan, our logging heritage and the Marlboro guy.

But it's been no stranger to international catwalks over the years (hello, Burberry); most recently it sauntered down runways at Marc by Marc Jacobs, Donna Karan, William Rast, Isaac Mizrahi, Stella McCartney, Balenciaga and more.

Above: Marc Jacobs spring 2010 collection illustrates the recent check trend. At a retail level, it seems we can't have too much of a square thing. Plaid and checks are everywhere, from shirts, to vests, to coats, to scarves, to bags and shoes. And underwear.

Men's American Eagle holiday boxer, $12.50. Available at ae.com

Men's Quagmire shirt, $69. Available at quagmiregolf.com.

Esprit coat, $169.50. Available at Esprit stores.

Above: Roots Little Olivia Canadian Collection purse, $98. Available at Roots stores. Left: Doc Marten boots, $150. Available at softmoc.com.

GAP ruffle vest, $75. Available at Gap stores.

Smythe red jacket, $595. Available at smytheles vestes.com.

Men's Converse ChuckTaylor All Stars, $65. Available at softmoc.com.

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THE COAT

Modern impact: Graphic vintage

ADVICE When buying a coat this season, go for a textured fabric, such as brushed wool, bouclé, felt or nubby tweed. Try a bold black-and-white print for a fashion-forward look or a streamlined, belted style for a nod to the '60s.

HOW TO WEAR IT Choose a classic turtleneck and thick leggings. Complete the look with a pair of platform booties or over-the-knee boots.

TALL

Wool, Miss Sixty ($549, info@sixtycanada.com)

BOYISH

Wool and polyester, Manteau Manteau ($200, manteaux.com)

PETITE

Wool and nylon, Reitmans ($99, reitmans.ca)

CURVY

Wool and nylon, Jacob ($199, jacob.ca). Stylist, Véronique Delisle

SLIM

Polyester and wool, Tristan ($295, tristanstyle.com)

FIRST LOOK AT CHOO

On Nov. 14, Jimmy Choo unveils its much-buzzed-about collab with H&M. The 75-piece collection features shoes, of course, plus accessories and clothes. It's a look embodied by Tamara Mellon, the CEO of Jimmy Choo, who shares a few of her fave things with ELLE.

First love "I saw a pair of red cowboy boots in a shop window on a school trip. I insisted that my teacher buy them for me." **Wardrobe** "I cherish my vintage designer clothes because they never date." **Icon** "I'd love to get a peek at Bianca Jagger's closet from the '70s!"

Editors' Pick

THE NEW ANGEL FACE

Givenchy is on a hot streak. After signing Justin Timberlake for Play, the starstruck brand nabbed brainy and beautiful Uma Thurman to be the face of Ange ou Démon Le Secret ($78), a soft floral fragrance infused with cranberry and green tea.

TORONTO FashionWeek

Afiya Francisco

Our style expert judges the runways at metronews.ca/blogs

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Jonesing for a Bridget sequel

Renée Zellweger is baffled by reports she's preparing to reprise her role as Bridget Jones. She tells Usmagazine.com, "I get asked (about) that every single day and I don't know anything." **FEMALEFIRST.CO.UK**

Entertainment

Together again

Justin Timberlake flew to Vancouver to see Jessica Biel to prove he still loves her. They were spotted in the city at a screening of Where the Wild Things Are on Tuesday night.

FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Joss Stone touches the soul

Joss Stone

Album: Colour Me Free
Label: EMI
Rating: ⊕⊕⊕⊕½

JOSS STONE EMERGED six years ago as almost a novelty act — a bare-footed 17-year-old English school girl with a mane of golden hair singing '60s R&B in an Aretha-like voice. Since then we've seen a wave of English retro waifs come and go. On Colour Me Free, Joss Stone finally steps out to put them in their place. Comparing Stone to Adelle or Duffy is like comparing Gladys Knight to Lulu. It's hard to believe this album was recorded live off the floor at the club Joss's mum owns. It's got a sonic depth that you can reach in and caress, which is something you can usually only find on old Stax or Muscle Shoals LPs. Yet Stone manages to merge her '60s leanings with more contemporary sounds on songs like Could Have Been You and, with the help of rapper Nas, on Governmentalist. Still, this is a CD for her parents' generation. The oldsters will love her singing around Jeff Beck's Superstition-style riffing on Parallel Lines and rough-housing with Raphael Saadiq on Big Ole Game.

Graham Rockingham/for Metro Canada

MusicReviews

music@metronews.ca

Colour Me Free is the latest album from British singer Joss Stone.

Flight of the Conchords

Album: I Told You I Was Freaky
Label: Sub Pop/Warner
Rating: ⊕⊕⊕

IF ANYONE DESERVED a Grammy last year it was Flight of the Conchords. The comedy duo's hilarious debut disc was easily one of the best records of the year. The follow-up will still elicit plenty of chuckles, though it falls short of its predecessor. The record is filled with songs from the band's HBO television show, but overall the tracks don't have the same impact as the ones from the first season. Still, the back-and-forth dialogue on We're In Love With a Sexy Lady, about a girl with a lazy eye, is fantastic.

Bryan Borzykowski/for Metro Canada

Ben Gibbard and Jay Farrar

Album: One Fast Move or I'm Gone: Music from Kerouac's Big Sur **Label:** Atlantic/Warner
Rating: ⊕⊕⊕⊕

WHILE DEATH CAB For Cutie is Ben Gibbard's main project, that doesn't mean the soft-voiced singer can't have a side gig that may be even better than his day job. He teams with Jay Farrar of Son Volt and Uncle Tupelo fame on this beautiful lilting campfire album. The disc is the soundtrack to One Fast Move or I'm Gone: Kerouac's Big Sur. The music is quiet, elegant and haunting while Kerouac's words — the lyrics are taken from Big Sur — have been given new life.

Bryan Borzykowski/for Metro Canada

BackBeat

Mike Benhaim

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Life with the Coens

'It was like being surprised every single day'

STEVE GOW
for Metro Canada

Nobody could accuse Joel and Ethan Coen of being sellouts. After making the Oscar-winning film No Country for Old Men and last year's star-laced Burn After Reading, the sibling filmmaking duo has tackled an unlikely comedy.

A Serious Man tells the story of feckless Larry Gopnik, a Jewish physics professor who suddenly finds his suburban life falling apart at the seams. Set in a Jewish community at the end of the '60s, The Coens not only avoided hiring a big name to play their lead role — they got a virtual unknown.

Michael Stuhlbarg may have been nominated for a Tony Award for his work in theatre but the little-known actor auditioned for three roles before landing the part of Gopnik.

"By the time I got the phone call that said I was actually going to play this part, it was almost like 10 months had gone by," said Stuhlbarg during a recent interview.

Hollywood unknown Michael Stuhlbarg stars in the Coen brothers' A Serious Man.

Having originally auditioned for a small role, "maybe five weeks before they were going to start shooting, (the Coens) said, 'We're going to put you out of your misery — you're playing Larry.' It was a long journey but a very fortuitous one."

A Serious Man opens in theatres tomorrow

That's an understatement. After all, not only will the movie introduce Stuhlbarg to mass moviegoing audiences, but he got the opportunity to watch the acclaimed filmmaking team working close-up.

"Because I was at the centre of the story, I got to be on set almost everyday," said Stuhlbarg. "It was like being surprised every single day; I think that that's the same journey that the character is going through as well."

While Stuhlbarg and his beleaguered character may have been surprised, the professional demeanor of the Coen Brothers certainly left no room for disappointment. As Stuhlbarg points out, the most shocking thing about the Coen Brothers was their absolute preparedness.

"Their job is pretty much done for them when they show up," said Stuhlbarg.

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	243	317 3 CFCN	The Vampire Diaries		The Mentalist (HDTV)		CSI: Crime Scene Invstgtn.		Grey's Anatomy (N)		CTV News
	-	- 4 OMNI	The Office	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	Two/Half Men	Metropia
	-	371 5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	FlashForward (HDTV) (N)		Grey's Anatomy (N)		Practice
	245	306 6 CBRT	Wheel-Fortune	Jeopardy! (N)	Doc Zone "Lifelines" (N)		The Border "Killer Debt"		CBC News: The National		The Hour
	244	338 7 CICT	ET Canada	Entertainment	90210 "Unmasked" (N)		Survivor: Samoa (N)		The Office (N)	The Office	News Hour
	246	- 8 CKAL	Law & Order: SVU		The Jay Leno Show (N)		Community (N)	Parks-Recreat	30 Rock	30 Rock	Your City
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sports	400	400 21 TSN	NHL Hockey	SportsCentre		That's Hockey!	SportsCentre	Off the Record	2009 World Series of Poker		World Series
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	557	541 39 FAM	Han. Montana	Wizards-Place	Sonny Chance	Zack & Cody	Overruled! (N)	Han. Montana	Wizards-Place	Latest Buzz	Ned's School
	555	545 67 TOON	Jimmy Two	Johnny Test	Bugs Bunny	6teen: Dude of the		Majority Rules	Futurama	King of the Hill	*Buffy-Slayer*
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	521	560 24 TLC	American Chopper (N)		Heavy Haulers (N)		American Chopper		Heavy Haulers (HDTV)		Amer. Chopper
	603	561 25 FOOD	Big Chef Takes on Little Chef		Ace of Cakes	Ace of Cakes	Family	Family	Unwrapped	Unwrapped	Big Chef
	615	520 26 A&E	The First 48 (HDTV)		The First 48 (HDTV)		Crime 360 "Payback"		(10:01) The First 48		The First 48
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	-	633 34 ENC2	Danish Poet	(7:20) *Carver's Gate* (1995, Science Fiction)			*Candyman* ★★ (1992, Horror), Tony Todd		(10:40) *Cat People* (1982)		
	520	505 35 DISC	Machines of Malice		MythBusters		Daily Planet		Machines of Malice		Machines
	620	523 36 BRAVO	*Inertia* ★★ (2001, Comedy-Drama) Jonas Chernick.				Law & Order		Without a Trace		*Rich in Love*
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	626	547 41 COM	Just for Laughs		Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Hot Box
	-	539 42 TCM	(6) *Gold Diggers of 1933*		*The Purple Rose of Cairo* ★★★ (1985)		*Annie* ★★ (1982, Musical Comedy) Aileen Quinn.				
	628	584 43 SPIKE	TNA Wrestling (HDTV) (N)				Deadliest Warrior (HDTV)		MANswers	GameTrailers	UFC 104
	522	516 45 HIST	Underworld Histories		Ice Road Truckers		Ancient Discoveries		Underworld Histories		After People
	627	528 46 SPACE	Primeval		Eureka (N)		InnerSpace (N)	Stargate SG-1		Star Trek: Next Gener.	
	-	- 47 AMC	(6) *The Perfect Storm* ★★★ (2000, Suspense)				*The Perfect Storm* ★★★ (2000, Suspense) George Clooney.				
	619	525 49 TROP	Bob & Doug	Bob & Doug	Seinfeld	Seinfeld	The Outer Limits		ET Canada	TV Made, Do It	Family Guy
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	526	507 92 VIVA	The Closer (Part 2 of 2)		Da Vinci's Inquest		Psychic Inv.	Encounters	Judging Amy "Lullaby"		Missing
	269	350 93 APTN	Wapos Bay	By the Rapids	Over the Bolts	Moose TV	*Lara Croft Tomb Raider: The Cradle of Life* ★★ (2003, Adventure)				
	-	- 94 MCP	World News	News	Sewing Maid	Kingdom-Wind	Vancouver	Shaktimaan	Dheeyan Ghar	Sadabahar	Connections
	571	581 100 MMM	Wild 'n Out	Wild 'n Out	Storytellers		The Daily Fix		Wild 'n Out	Wild 'n Out	Storytellers
	570	580 101 MM	Dance	Dance	Love Court	Instant Star	One Tree Hill		So You Think You Can Dance Canada		
	581	566 102 MTV	Fantasy Fact.	Nitro Circus (N)	Gone Too Far "Amy"		MTV Live	Sex News	Fantasy Fact.	Nitro Circus	Gone Too Far
	-	- 116 TV5	Complément d'enquête				TV5 Le Journal	Vous aurez le dernier mot			Photo suisse

critics' corner

Buffy the Vampire Slayer
Valley girl-turned-bloodsucker nemesis Buffy Summers first saw the light of day in this 1992 comedy-horror movie starring Kristy Swanson, Donald Sutherland and Luke Perry, but it's little more than a very rough draft for screenwriter Joss Whedon, who would polish his material into the critically acclaimed TV series with Sarah Michelle Gellar not long afterward. This film, however, suffers from jarring shifts of tone, making it little more than a curio for "Buffy" fans. 11 PM on TOON

The Purple Rose of Cairo
Writer-director Woody Allen put more heart into this 1985 comedy-fantasy than almost any of his other movies. His then-muse, Mia Farrow, plays a Depression-era waitress who would love any respite from her bleak existence. She gets it — and much more — when an Indiana Jones-like movie character (Jeff Daniels) leaps from the screen into her life. Danny Aiello co-stars. 8 PM on TCM

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OFFICIAL TOP 4 POSTER
WILL JAYME RAE BE CANADA'S FAVOURITE DANCER?
SO YOU THINK YOU CAN
DANCE CANADA
SUNDAY 7
CTV
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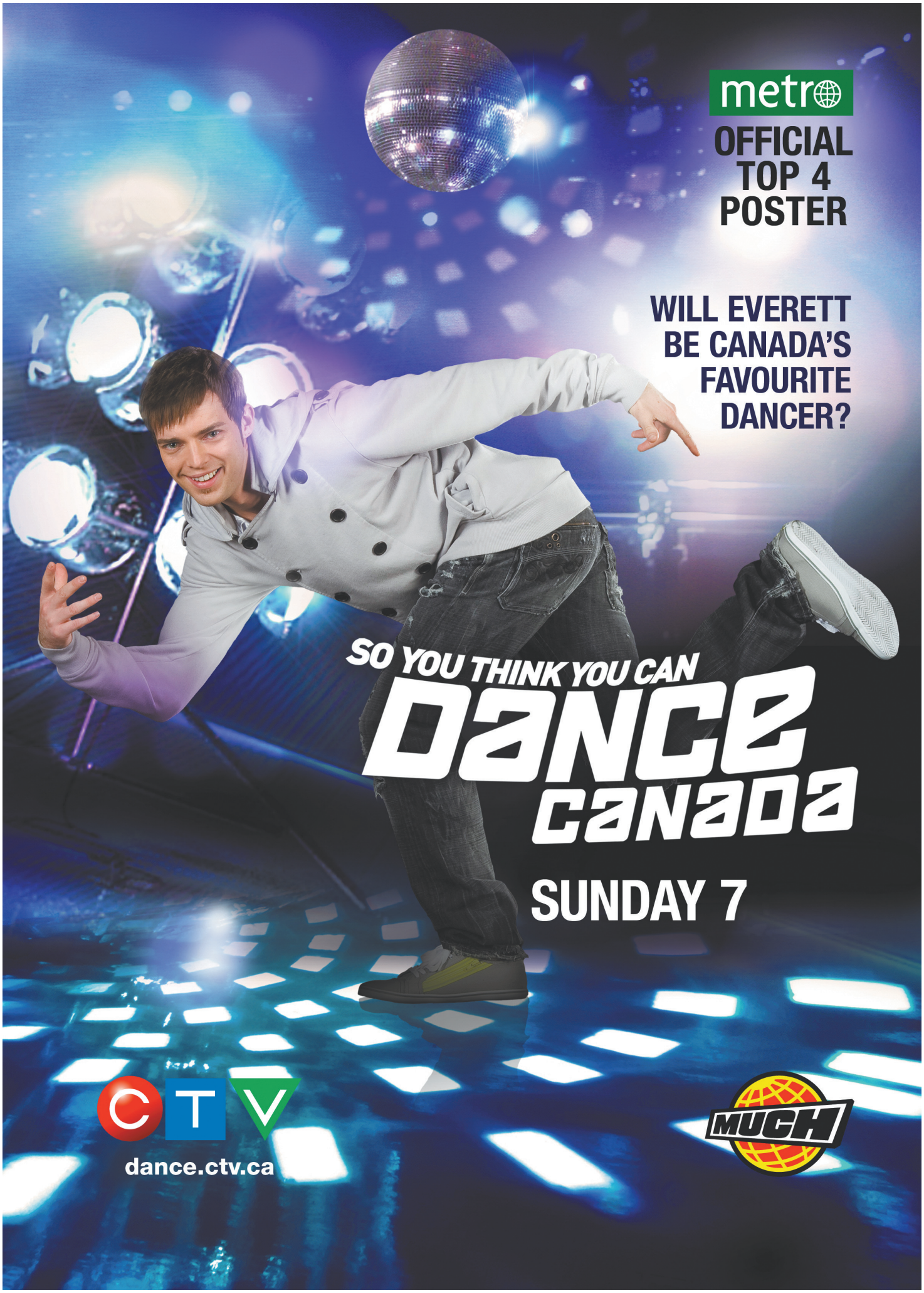
MUCH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MUCH

Bourdain comes to town

Celebrity chef/author Anthony Bourdain is giving a talk at Calgary's Jack Singer Hall on Jan. 12. Tickets ($35-$100) go on sale Nov. 2 through the Epcor Centre box office. Limited VIP tickets available to meet Bourdain at a post-show wine and cheese after. METRO NEWS SERVICES

Urban Foodie

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Signature Dish: Mac and cheese
Rating: ●●●½
Dinner & drinks for 2: $50

FARM, the restaurant extension of Janice Beaton's fine cheese store, is a nod to both a commitment to local producers and a casual atmosphere for sharing lip-smacking specials.

Nibble on meats and cheeses on a cutting board (3 for $15, 5 for $25): smoky chimney sticks from Canmore's Valbella Meats, house-made pork rillette, decadent Quebec blue cheese, soft raw French brie. All are carefully matched with tidy sides (grainy mustard, chutneys).

A blackboard lists daily changing specials, along with well-considered wine and beer pairings.

Sometimes they're cheeky, like the Rocky Mountain oysters ($8). Gently battered and deep-fried, accented by pickled peppers and onion aioli, the bull testicles are elevated to a bona fide appetizer.

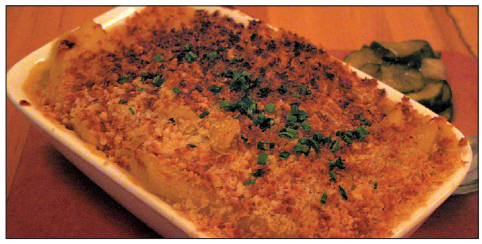
FARM shines in the confidence of its comfort foods such as a bubbling mac and cheese (small $10, large $13) blanketed by slightly spicy, baked breadcrumbs.

The BLT salad ($12) defies you to put your fork down with a shower of grated three-year raw cheddar, double-smoked bacon, tomato, honey mustard vinaigrette and butter leaf lettuce I didn't know could have flavour.

The mains are tasty — a honey-brined quail ($18) gets your fingers working; beef short ribs ($18) are fork-fall tender — but are not enormous. FARM is quality over quantity, a homey place for breaking bread over a few shared plates and glasses of wine.

On the web

• Get recipes and more great food content at metronews.ca/recipes



From left, mac and cheese (small $10, large $13); and Rocky Mountain oysters ($8).

Global Peasant blog online

Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.

• Check out metronews.ca/globalpeasant for Diane's barley risotto with green peas and basil.

Dining out

JACK OF HEARTS BISTRO
Take a weekday break from scarfing down a sandwich at your desk. Killer soups and lasagna are among the delicious lunch items at the Jack of Hearts Bistro (620-12th Ave. SW), a sunny respite hidden in a heritage building.

SAIT'S THE HIGHWOOD
Culinary students from SAIT (1301-16th Ave. NW) cook up a popular buffet lunch every Thursday from 11 a.m. at The Highwood, the school's dining room. Reservations recommended at 403-284-8615, ext. 2.

In brief

NUT-FREE BLISS Get your nut-free cupcakes, pies and birthday cakes from Bliss Cupcakes (108-3rd Ave. SW, lower level). The cake bases are most and fluffy, the buttercream icings just perfect. The caramel chocolate cake and coconut cupcake are among my favourites.

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Hogan had a death wish

Hulk Hogan thought about killing himself when his marriage ended. The legendary wrestler got as far as picking up a gun to shoot himself when wife Linda Bollea filed for divorce he reveals in a new book. FEMALEFIRST.CO.UK

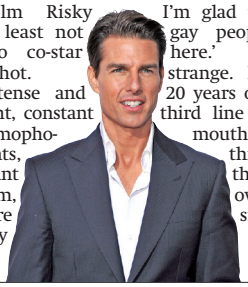
Celebrity Buzz

Blast from Cruise's past

ONE FROM A CO-STAR It turns out Tom Cruise wasn't making a lot of friends way back when on the set of his breakout film Risky Business, at least not according to co-star Bronson Pinchot.

"He was tense and made constant, constant unrelated homophobic comments, like, 'You want some ice cream, in case there are no gay people there?'" Pinchot tells the AV Club.

"There was no basis for it. It was like, 'It's a nice day, I'm glad there are no gay people standing here.' Very, very strange. If someone's 20 years old and every third line out of their mouth is anti-something specific, then draw your own conclusion." METRO WORLD NEWS



Brit's romance with agent mom-approved

HE'S THE ONE After a rocky romance with paparazzo Adnan Ghalib and a devastating marriage to Kevin Federline, Britney Spears has found love with agent Jason Trawick — and her mother, Lynne, thinks he is The One, Us Weekly reports in its latest issue.

Lynne said, 'He's the kind of man you would dream of your daughter marrying. The kids love him, and he's stable,'" a friend tells Us Weekly.

Trawick, 37, stood by Spears, 27, during her darkest moments (she was involuntarily committed twice to a psychiatric hospital in 2008 and lost custody of sons Sean, 4, and Jayden, 3, the year before).

"Most everyone else abandoned her, but Jason refused to be completely cut out of Britney's life," says a source.

Besides his quick wit and ability to make her laugh in any situation, sources tell Us Trawick accepts Spears — drama and all.

"She has been honest with Jason about what she's been through in a way that I don't think she's been with other people," says a pal. METRO NEWS SERVICES

Celebrity tweets

LL Cool J isn't going to let the cold weather keep him down,

Stephen Fry isn't ashamed of his musical preferences,and Katy Perry knows what she wants for her birthday.

• @llcoolj
In the depth of winter I finally learned that there was in me an invincible summer.

• @stephenfry
I suppose I'd sound such an arse if I admitted that I was unreasonably cheered up by Karen Carpenter's singing this am. But I was. So there.

• @katyperry
Maybe I'll get lucky this week & get a birthday shout out from a shakey's pizza sign. Always wanted one of them. That's Katy with a Y pls :)

Dial 10-10-925
Save with yak
NOW ONLY Germany 9¢ MIN.
yak.ca
All calls 10 seconds or more in duration are subject to a 20 cent minimum charge.

Kristen, Robert shack up in hotel?

SUITE TALK Twilight co-stars Kristen Stewart and Robert Pattinson are reportedly living together while in Vancouver to film the latest in the popular franchise. According to More magazine, the pair has rented out an entire floor of the Sheraton Wall Centre Hotel in order to maintain their privacy. METRO WORLD NEWS

Relationship thorn in Rosie household

WORKING ON ISSUES Rosie O'Donnell has confirmed that she and partner Kelli Carpenter are on the rocks, usmagazine.com reports. In a new interview with USA Today, she says, "We're a family. We will remain a family forever. And we are working on our issues."

The 47-year-old O'Donnell — who has been suggesting a split on her blog — wouldn't confirm a National Enquirer report that Carpenter, 42, has moved out of their Nyack, NY, home and into Manhattan. (USA Today notes that Carpenter was not at the house during the interview.)

O'Donnell noted that the well-being of their four kids — Parker, 14, Chelsea, 12 and Blake, 9, and Vivienne, 6 — is top priority. METRO NEWS SERVICES

Lilo's situation 'tragic': Pal

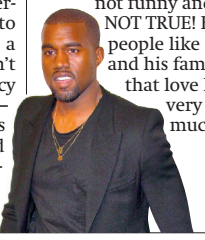
CONCERNED It's not just Lindsay Lohan's parents that are worried about the troubled starlet. Her friends are speaking out, too. "The situation with Lindsay is absolutely tragic, uncontrollable — and it's only getting worse," a pal says. METRO WORLD NEWS

Madge, Mercy plan culture trip

MALAWI CALLING Madonna is reportedly heading back to Malawi with adopted daughter Mercy so that she can spend some time getting to know her native culture — and her biological father, James Kambewa, according to the Mirror. "She realizes her kids need a sense of home and she's determined to do all she can to give that to them," a source says. "She doesn't want to deny Mercy anything in life — and that includes meeting her dad if that's possible." METRO WORLD NEWS

RIP Kanye West tweets laid to rest

ALIVE AND WELL "RIP Kanye West" was still the top trending topic on the micro-blogging site Twitter hours after someone made up an unscrupulous rumour that Kanye West died in a car crash. The Kanye West Dead hoax was also the top Google search in the U.S. early yesterday morning. West's girlfriend Amber Rose put rumours to rest saying the rapper is alive and well, writing on Twitter: "This 'RIP KanyeWest' topic is not funny and its NOT TRUE! He has people like myself and his family that love him very much." METRO NEWS SERVICES



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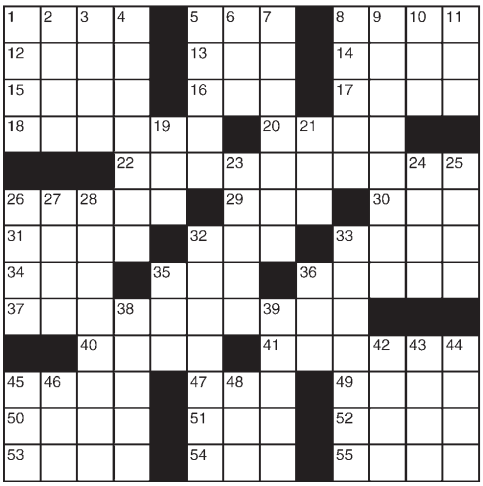
Today Mostly sunny 12 C / 3 C
Friday Cloudy 10 C / 0 C
Saturday Rain 7 C / 0 C

BREAKFAST TELEVISION

Andrew Schultz, Meteorologist – Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." **WEEKDAYS AT 6 A.M.**

Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	6		5		7		4	
		1	2		4	3		
8								6
		8		9		5		
3								8
		9		7		2		
6								4
		2	8		9	6		
	1		3		6		5	

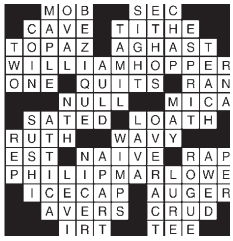
ACROSS

1 Boutique
5 Suitcase
8 Unuttered "alas"
12 Lawrence Berra
13 Id counterpart
14 Dandling site
15 Dealer's foe
16 Scarlet
17 Misfortunes
18 Nativity setup
20 Get steamed up 22 E.T.'s venue
26 Grown-up
29 Churchill's gesture
30 Needle-fish
31 "And — bed": Pepys
32 Plaything
33 Mine, in part
34 Dead heat
35 Stir-fry pan
36 Clumsy
37 Nirvana, maybe
40 "Simon —"
41 Method
45 Use a wooden spoon
47 Vanna's cohort
49 Matador's foe
50 War, to Gen. Sherman
51 Altar affirmative
52 Once more, in the Ozarks
53 Simple
54 Neither mate
55 Poolroom triangle

DOWN

1 Harmonization
2 Frost
3 Shrek is one
4 Small flute
5 Jaunty chapeau
6 Time of your life?
7 Arthur of old TV
8 Cut corners
9 Collaborating (with)
10 Hairspray alternative
11 Guys
19 Shack
21 Exploit
23 Bring out
24 Kvetch
25 Formerly, formerly
26 Italian wine region
27 Slay
28 Knife and fork, e.g.
32 Tennis tactic
33 Low-rated, as a hotel or a movie
35 Distort
36 Unfriendly
38 Way before deadline
39 Nancy, the first woman in Parliament
42 Frat-party garb
43 Idle of Monty Python
44 Tony Shalhoub series
45 The woman
46 Afternoon affair
48 Commotion

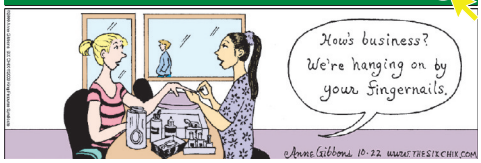
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



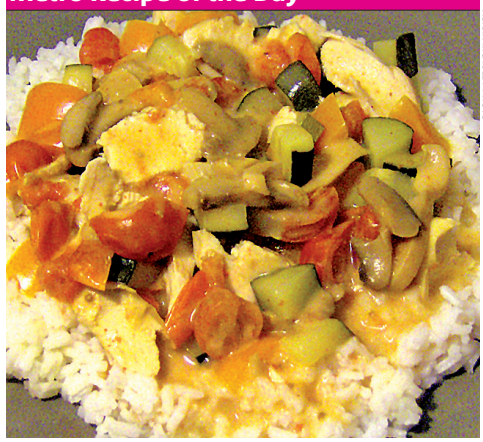
3	5	7	6	1	8	2	9	4
2	4	8	3	5	9	6	1	7
1	6	9	2	4	7	3	5	8
4	3	5	9	2	1	7	8	6
9	8	6	5	7	3	1	4	2
7	2	1	8	6	4	5	3	9
6	9	2	1	8	5	4	7	3
8	1	4	7	3	6	9	2	5
5	7	3	4	9	2	8	6	1

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



ALICIA MCAULEY PHOTO

Coconut Red Curry Chicken with Tomatoes

Submitted by Maria Nickel, Winnipeg

INGREDIENTS:

1 can (14 oz) coconut milk
1-2 tbsp brown sugar
1/2 cup of chicken or beef stock
1 tsp red curry paste (you can use more if you want the dish to be spicier)
2 tbsp fish sauce
1 pint of grape tomatoes, halved
1 can mushroom stems and pieces with juice
1 zucchini (medium size) chopped into small pieces
1 orange pepper (optional; you can also use red or yellow, medium sized)
3 chicken breasts, cut into 1/2-inch slices
2 tbsp cornstarch mixed with 4-6 tbsp. of cold water
2 cups of jasmine rice

PREPARATION:

1. In a two-quart saucepan, add the coconut milk, red curry paste, chicken stock, sugar, fish sauce and tomatoes and simmer over medium heat for eight minutes, stir constantly.
2. Cook jasmine rice as directed on the package.
3. While coconut mixture is simmering, add the chicken, peppers, mushrooms and zucchini and simmer for another 12 minutes or until the meat is cooked thoroughly.
4. Mix the cornstarch and water together and then add to the pot. Mix until the curry thickens. If it doesn't thicken, add more cornstarch and water to it.
5. Serve over jasmine rice.

SERVES 4
PREP TIME: 10 MINUTES
COOK TIME: 35 MINUTES

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Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Someone thinks you are the bee's knees and the best thing since sliced bread. And you are. But don't let flattery go to your head.

TAURUS ♉
APRIL 21-MAY 21
There may be many chores you would like to avoid, but you can't, so quit your wishful thinking and get on with them.

GEMINI ♊
MAY 22-JUNE 21
Venus, planet of love, is transiting the most passionate area of your chart, so let those you are closest to emotionally know how you really feel.

CANCER ♋
JUNE 22-JULY 22
It will pay for you to be less assertive today. You don't need to prove yourself. You don't need to impress people.

LEO ♌
JULY 23-AUG 23
This is a day for enjoying yourself and socializing. Forget about work and money issues — there will be plenty of time to take care of them later.

VIRGO ♍
AUG 24-SEPT 22
Family and financial matters are under exceptionally good stars. You will know instinctively what you need to do to put things right.

LIBRA ♎
SEPT 23-OCT 23
Venus in your sign makes it easy for you to win others around to your way of thinking. That's good because as of tomorrow you may need them.

SCORPIO ♏
OCT 24-NOV 22
The more you ask for this week the more you will get. And the more you get the more you will want.

SAGITTARIUS ♐
NOV 23-DEC 21
Why so glum when every cosmic indicator suggests that good things are coming your way?

CAPRICORN ♑
DEC 22-JAN 20
Now is one of those times when even Capricorns must take certain things on trust. That applies especially to your career, an area in which you must move quickly.

AQUARIUS ♒
JAN 21-FEB 18
Something will inspire you over the next few days. Something will seize your imagination and make you aware of how much more is possible.

PISCES ♓
FEB 19-MARCH 20
You need to remind yourself today that most people in the world are just like you. But it may sometimes appear as if certain individuals are unreasonable.

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9774 – 170th St.
10157 – 101 St.
10603 – 107th Ave.
17551 – 100th Ave.
12804 – 82nd St.
14808 Stony Plain Rd.
18563 Stony Plain Rd.
Abbottsfield Shoppers Mall
Bonnie Doon
Capilano Mall
Edmonton City Centre
Edmonton City Centre – kiosk II
Kingsway Garden Mall
Londonderry Mall
Mill Woods Town Centre
Northgate Centre
Northgate Centre – kiosk
Sherwood Park Mall
South Edmonton Common
South Park Centre
Southgate Mall – kiosk
St. Albert Centre
St. Albert Trail at 137 Ave.
West Edmonton Mall
Westmount Centre
Whyte Avenue at 107 St.

EDSON
330 – 45th St. Unit 104

FORT MCMURRAY
19 Riedel St.
Peter Pond Shopping Centre

GRANDE PRAIRIE
Prairie Mall

LEDUC
4916 – 50th Ave.

LETHBRIDGE
Park Place
Smart Centers Lethbridge

LLOYDMINSTER
Lloyd Mall

MEDICINE HAT
Carry Drive Plaza
Medicine Hat Mall

PEACE RIVER
10032 – 100th St.

RED DEER
Bower Place Shopping Centre
Parkland Mall

ROCKY VIEW
Crossiron Mills Mall

SPRUCE GROVE
Creekside Centre

WHITECOURT
3301 – 37th Ave.

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